

FOOTBALL ALIBI SHEET

This sheet is intended to simplify the major problems of selection of the proper alibi to suit the occasion. Most athletes will at some time be in need of some explanation to account for their performance, and this handy check-list *may* prove to be of some value.

- 1) ate too much
- 2) weak - lack of nourishment
- 3) not enough time to warm-up
- 4) too long a warm-up
- 5) not enough training
- 6) overtrained
- 7) not enough sleep
- 8) too much sleep
- 9) need wheat germ oil
- 10) need yogurt
- 11) need vitamin C
- 12) not enough weight training
- 13) too much weight training
- 14) building up slowly for next year
- 15) don't want to improve too soon
- 16) saving myself for (name girl, game)
- 17) bus too crowded, couldn't relax
- 18) car too crowded, got leg cramp
- 19) bus too noisy
- 20) bus too quiet
- 21) got into stride too late
- 22) got into stride too soon
- 23) couldn't click
- 24) worried about -girl?
- 25) worried about money
- 26) worried about work
- 27) girlfriend unfriendly
- 28) girlfriend too friendly
- 29) choked when I saw _____ get - going
- 30) I didn't think
- 31) I thought
- 32) I was cut off
- 33) I cut him off and thought I was penalized
- 34) I fell down
- 35) I like hot days and it was cold
- 36) can't run in the heat
- 37) floor was too slippery
- 38) they all got off to fast start' but me
- 39) poor refs
- 40) I have emotional problems
- 41) can't stand success
- 42) can't stand failure
- 43) had to see the doctor
- 44) looking forward to playoffs
- 45) looking forward to next year
- 46) looking forward to end of season
- 47) teammates don't like me
- 48) sore knee
- 49) sore ankle
- 50) sore wrist
- 51) sore elbow
- 52) sore shoulder
- 53) sore arm
- 54) sore leg
- 55) sore foot
- 56) sore hand
- 57) blisters
- 58) sore head
- 59) hangover
- 60) sore _____
- 61) "didn't have my underarmour"
- 62) forgot my shoes
- 63) fogged glasses
- 64) thought there was more time left
- 65) thought time was up
- 66) can't get going when behind
- 67) can't -put it away when ahead
- 68) not enough salt in my system
- 69) too much competition
- 70) too many games
- 71) not enough games
- 72) not enough prizes to work for
- 73) prizes too cheap to work for
- 74) too many people depending on me
- 75) nobody cares
- 76) don't like organized athletics
- 77) only play for the exercise
- 78) didn't feel like playing
- 79) felt great - that's a bad sign
- 80) couldn't get up for the game
- 81) over anxious
- 82) too tense
- 83) too relaxed
- 84) my coach doesn't understand me
- 85) I don't understand my coach
- 86) Don't like teammates